

FACTS:



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Tobacco Use Among Missouri Adults

Tobacco Use — & — Effects

Cigarette smoking among Missouri adults

- 50.7% have smoked over 100 cigarettes in their lifetime
- 26.4% smoke cigarettes every day or some days, ranking Missouri among the top ten in smoking prevalence in the country
- Current smokers include:
 - 24.7% of females;
 - 28.1% of males;
 - 26.5% of whites;
 - 25.9% of blacks;
 - 44.6% of adults with less than a high school education;
 - 33.3% of adults with a high school education or GED;
 - 23.9% of adults with some college education; and,
 - 14.9% of adults with a college education.

Beliefs about smoking cigarettes among Missouri adults

- 93.4% strongly agree or agree that smoking is physically addictive
- 81.5% believe smoking causes heart attacks
- 42.7% believe smoking causes colon cancer
- 80.5% believe smoking causes strokes
- 89.4% believe smoking causes low birth weight babies
- 58.4% believe smoking causes impotence

Health effects of cigarette smoking

- Cigarette smoking increases the risk for cancers of the lip, oral cavity, and pharynx; esophagus; pancreas; larynx (voice box); lung; uterine cervix; urinary bladder; and kidney¹
- Long-term cigarette smoking is associated with an increased risk of colorectal cancer mortality in men and women.²
- Cigarette smokers have 2-4 times the likelihood of developing heart disease than nonsmokers³ and twice the risk for stroke.⁴
- The risk of dying from chronic obstructive lung disease is 10 times greater for smokers.⁵
- Cigarette smoking is associated with increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).⁶
- Male smokers have a greater risk of impotence than nonsmokers.⁷
- Smoking increases the chance of developing cataracts and other eye diseases,⁸ including macular degeneration.⁹
- Smoking is a risk factor for developing rheumatoid arthritis.¹⁰

Health effects of other forms of tobacco use

- Use of smokeless tobacco, cigars and pipes also have deadly consequences, including lung, larynx, esophageal, and oral cancer.¹¹
- Low-tar cigarettes and novel tobacco products such as bidis and clove cigarettes are not safe alternatives.¹²

Tobacco Use — & — Effects

Use of other forms of tobacco among Missouri adults

- 13.5% of males use smokeless tobacco every day; 10.7% use it some days.
- 2.1% of females use smokeless tobacco every day; 7.1% use it some days.
- 1.4% of males smoke cigars every day; 16.2% smoke cigars some days.
- 3.4% of females smoke cigars some days.
- 6.2% of males and 1.3% of females smoke a pipe some days.
- 7.5% of males and 4.6% of females smoke bidis some days.
- 10.5% of males and 4.8% of females smoke kreteks or clove cigarettes some days.

References

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² Chao A., et.al. Cigarette smoking and colorectal cancer mortality in the cancer prevention study II. Journal of the National Cancer Institute. 2000; 92(23):1888-1896.

³ Ibid

⁴ Ockene IS, Miller NH. Cigarette smoking, cardiovascular disease, and stroke: a statement for healthcare professionals from the American Heart Association. Journal of the American Heart Association 1997; 96 (9): 3243-3247.

⁵ Novotny TE, Giovino GA. Tobacco Use. In: CDC TIPS Health Effects of Cigarette Smoking Fact Sheet February 2004. Accessed www.cdc.gov/tobacco/factsheets

⁶ U.S. Department of Health and Human Services. Women and Smoking: A Report of the Surgeon General. 2001.

⁷ Napier K. Cigarettes: What the warning label doesn't tell you: The first comprehensive guide to the health consequences of smoking. American Council on Science and Health. 1996.

⁸ Ibid.

⁹ Kelly S., et.al. Smoking and blindness. British Medical Journal. 2004; 328: 537-538.

¹⁰ Symmons DPM. et al. Blood Transfusion, Smoking and Obesity as Risk Factors for the Development of Rheumatoid Arthritis: Results from a Primary Care-based incident case-control study in Norfolk, England. Arthritis and Rheumatism 1997; 40:1955-1961.

¹¹ U.S. Department of Health and Human Services. Targeting Tobacco Use: The Nation's Leading Cause of Death. 2004. Accessed www.cdc.gov/tobacco

¹² Ibid

¹³ Missouri Department of Health and Senior Services. Smoking-attributable mortality in Missouri-2000. Center for Health Information Management and Evaluation

¹⁴ CDC. Tobacco Control State Highlights 2002: Impact and Opportunity.

¹⁵ Ibid

¹⁶ U.S. Department of Health and Human Services. Reducing Tobacco Use: A Report of the U.S. Surgeon General. 2000.

Human and Economic toll of tobacco use in Missouri...

- 9,941 deaths occurred in 2000 due to tobacco-related diseases, most due to heart disease and respiratory illnesses.¹³
- \$1.67 billion were spend for direct medical costs to treat smoking-related illnesses in 1998.¹⁴
- \$415 million were spent to treat Medicaid recipients' smoking-related illnesses in 1998.¹⁵

Recommendations to reduce tobacco use among Missouri adults:

- Increase the state's excise tax on cigarettes and other tobacco products. At 17 cents on each pack of cigarettes, Missouri's tax ranks among the lowest in the country. The national average is 73.9 cents. For each 10% increase in the cost of cigarettes, tobacco use would be reduced 4-5% among adults.¹⁶
- Increase available and affordable cessation support services, including Medicaid and other health insurance coverage for nicotine replacement therapies, and implementation of a state telephone quit line counseling service.
- Increase the number of smoke free workplaces and public places. Decreasing the number of places in which smoking is allowed reduces tobacco consumption among smokers.

Data Source:

Missouri County-level study (2003); Missouri Department of Health and Senior Services, Section of Chronic Disease Prevention and Health Promotion; random telephone survey of 15,000 Missouri adults, age 18 and older.